WELLNESS WORKSHOP WEDNESDAY - SUMMER 2026

12:00 PM ~ WEEKS 2, 4, 6, 8, & 10 ~ ZOOM

MEETING ID: 915 0459 7781 | VISIT ENGAGE.LIFE.EDU

FOR INFORMATION EMAIL ~ COUNSELING@LIFE.EDU

Week 2

Finding My Way (Week 2)

Managing My Stress (Week 4)
Healthy Relationships (Week 6)

Weeks 4 & 6

Week 8

Stop Overthinking (Week 8)

Managing Me & My Finals (Week 10)

Week 10

Contact: Vincent D. Hinton, Ed.S., LPC, CPCS, NCC
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